

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

March 2017

Vol. VII Issue III

“We Know Health Matters”,
CHD’s show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send
information to Marla Hurston Fuller at

marla.fuller@cincinnati-oh.gov

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#CincyCultureofHealth launched

The City of Cincinnati Health Department has partnered with the Health Collaborative to submit an application for the Robert Wood Johnson Foundation (RWJF) Culture of Health prize. The Culture of Health prize recognizes U.S. communities for their accomplishments to bring about and sustain positive health outcomes.

RWJF reviews each application for: the collective power of community leaders and residents; how resources are efficiently and effectively shared; changes made across systems and policies; and measuring and monitoring progress toward better health.

There are 3 distinct phases to the application process which culminates in site visits with finalist communities. Greater Cincinnati and Northern Kentucky are fortunate, as a region, to be chosen along with 31 other applicant communities – out of a pool of 210 – to move beyond Phase I into Phase II.

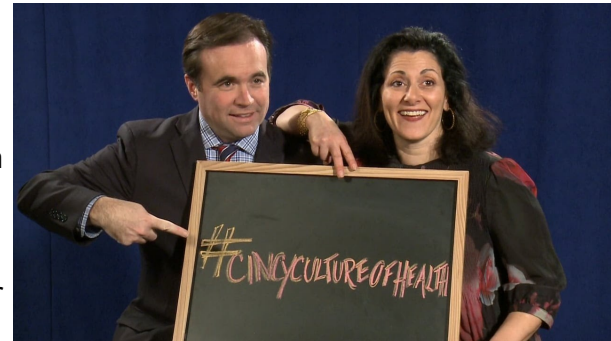
“As community highlights were gathered for the application it was inspiring to see the work being done in our region, by so many organizations,” says Denisha Porter, CHD Director of Health Promotion and Worksite Wellness, Creating Healthy Communities.

The application encompasses a seven-county region in Southwestern Ohio and Northern Kentucky. Mayor John Cranley and First Lady Dena Cranley, along with Interim Health Commissioner Dr. Marilyn Crumpton, commented in a Healthy Community video as part of the Phase II submission.

Mayor Cranley says, “No other city in the country has collaborated better than we have between government, non-profits and entrepreneurs.” Dr. Crumpton adds, “We are coming together as a community to develop health as an important value.” As part of the Phase II review, CHD and the Health Collaborative provided more detail to support their original submission essay including creating the hashtag, #CincyCultureofHealth.

“We want to share just a handful of Cincinnati’s achievements and bring more attention to the Culture of Health that’s emerging,” explains Porter. “Regardless of whether or not we are chosen for the RWJF prize, our region is doing amazing things to improve our health outcomes.”

The CHD will know later this month if Cincinnati’s submission has been selected for Phase III site visits.





Dear CHD Family,

As you know, the Cincinnati Health Department is facing significant budget reductions. The City of Cincinnati Budget Office and City Manager Harry Black are planning the 2017-2018 budget which is scheduled to be approved in early June. The City anticipates a \$25 million deficit in the upcoming budget cycle. All of Cincinnati's eighteen departments are being asked to submit budget reduction plans. Police and Fire are being asked for 3% budget reductions in their General Fund budget. All other departments are being asked for 10% budget reductions in their General Fund budget.

The CHD is required to submit recommendations to reduce its General Fund budget of \$17.4 million by \$1.74 million. The CHD faces difficult choices. The general fund reductions do not include our revenue funds. Many vacant positions are not expected to be

filled. Staff reorganization may result in service and staff cuts. The Home Health Program is being proposed for closure as well as Braxton F. Cann Memorial Medical Center. These decisions are always difficult. We realize any of our recommendations will have a significant impact on the communities we serve as well as the Cincinnati Health Department.

After consideration and advisement by the Board of Health, the Senior Leadership team is proposing the following budget reductions for evaluation by the City Manager and Budget office.

1. Close the Community Nursing (Home Health) Program

A) This program has provided home visits to home-bound adults as well as to new and expecting mothers and their babies.

B) Proposed cuts –

- i. Home Health has 8 positions in the continuation budget; the proposed General Fund budget reduction of \$647,000 would eliminate 8 positions
- ii. Eliminate PHN2 assigned to the Community Health Worker program. Budget reduction – \$96,000.
- iii. Eliminate 2 positions transferred from Community Nursing to other programs in continuation budget. Proposed cut – \$191,000.

C) The grant funded Community Health Worker Program would be continued.

2. Braxton F. Cann Memorial Medical Center –

A) This historic health center is located in Madisonville. Access to care for adults, pediatric, gynecology and prenatal services (5,206 health visits in 2016) and pharmacy will be lost. WIC's vices for the area will need to be relocated.

B) Proposed cuts – The annual cost to operate this health center is \$2 million. Of that, \$621,000 comes from the General Fund and provides services that generate almost \$1.4 million in revenue. This General Fund budget reduction would eliminate 14 positions.

3. Error Health Department Target from 2017 Budget

A) Proposed cut – \$104,638

The current budget cuts are the latest in a long history of financial cuts to the Cincinnati Health Department over several years. Once reviewed and accepted, the overall City budget will be submitted to City Council for final approval in late April or early May. While difficult, cuts are part of the normal budgeting process. The Cincinnati Health Department cuts are driven by the requirement for the City to submit a balanced General Fund budget.

The Senior Leadership Team will do everything possible to preserve the services we know improve our City's health. We will be meeting with staff to discuss this in more detail. If you have questions or comments, please contact me directly via email at Marilyn.Crumpton@cincinnati-oh.gov.

Pharmacy Tips

CHD Pharmacy encourages safe disposal of medications

Is your medicine cabinet full of expired drugs or medications you or family members no longer use? Safely disposing of medications is important for public health and the environment.

Almost all medicines can be thrown in the household trash, but precautions should be taken before throwing them away. A small number of medicines may be especially harmful if taken by someone other than the person for whom the medicine was prescribed. Many of these medicines have specific disposal instructions on their label.

To safely dispose of your unused and expired medications in your household trash, SmaRxt Disposal recommends removing the medicine from its original container and pouring it into a sealable plastic bag. If medication is a solid (pill, liquid capsule, etc.), add water to dissolve it. Then add coffee grounds, kitty litter, sawdust or any material that mixes with the medication and makes it less appealing for pets and children.

Place the sealed mixture in an empty can or other container to prevent the medications from leaking or breaking out of the garbage bag. This method not only protects children and pets, it also makes the contents unrecognizable to people who may intentionally go through the trash seeking drugs.

Be sure to remove and destroy all identifying personal information on the prescription label from all medication containers before recycling them or throwing them away. Read handling instructions on the labels of inhalers and aerosol products. They could be dangerous if punctured or thrown into a fire or incinerator.

A Message from the Board of Health



*Tim Collier, RN
Chair, Board of Health*

As Cincinnati gathers its support for the war on the affects of Drug Addiction, the Board of Health stands in total support of the efforts to make our City safe and healthy.

We recognize the disturbance in the education of our children and the economic strain on households do to the financial decisions to support habits. There is also empathy regarding the rise in violence in our neighborhoods.

Our charge is for the best and healthiest City in the nation and we serve to make this true.

CHD kicks butts on March 15

Kick Butts Day on March 15 is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. Nationally, The Campaign for Tobacco-Free Kids expects more than 1,000 events in schools and communities across the United States.



This Fall, CHD joined Riverview East Academy in celebrating the 10th Anniversary of Smoke-Free Ohio. On Kick Butts Day, teachers, youth leaders and health advocates will organize events to:

- Raise awareness of the problem of tobacco use in their state or community;
- Encourage youth to reject the tobacco industry's "cool factor" in marketing and stay tobacco-free; and
- Urge elected officials to take action to protect kids from tobacco.

Tonia Smith, Tobacco Free Living Coordinator/Health Educator with the CHD Creating Healthy Communities Program will work with local students. The students, ages 11-17, are from Winton Hills/Spring Grove Village, North and South Fairmount, English Woods and Evanston. A flash mob is under consideration to encourage students to 'Stand Up' and speak out against tobacco.

The students will also tie into a tobacco-free event at The University of Cincinnati.

Announcements & Congratulations Dr. Yury Gonzales named Medical Director

Dr. Yury R. Gonzales, M.D., F.A.C.P has been named Medical Director and Chief Medical Officer for the Cincinnati Health Department. Dr. Gonzales continues in his role as a Public Health Internist at the Price Hill Health Center.

Dr. Gonzales also serves as a Member of the Schulman Associates Institutional Review Board. He is a member of the Resident Evaluation Committee and Program for the Internal medicine Residency Program at Good Samaritan Hospital and an Institutional Review Board Member for TriHealth Hospitals.



Rabid animals carry diseases requiring quick action

The danger of rabies from animal bites is an ever-present hazard. The CHD Sanitarian employees' surveillance of all animal bite cases helps keep rabies from re-entering the animal population and being transmitted to humans. Animal bite incidents occur throughout Cincinnati and are called, emailed or faxed to the CHD. According to Antonio Young, Interim Environmental Services Director, animal bite reports are typically responded to within 24 business hours of receipt and bite victims are advised to contact a physician for advice regarding the necessity of shots.



What happens to an animal suspected of rabies?

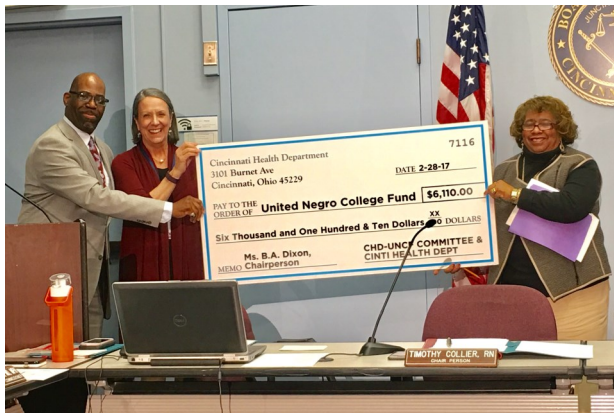
The CHD staff quarantines the biting animal for at least 10 days after the bite. If the animal is a dog or cat, and does not have a current rabies inoculation, an order is issued to the pet owner to have it inoculated within seven days after quarantine. Rabies is most prevalent in wild animals like skunks, opossums, raccoons, bats or foxes. If the wild animal is captured, it will be euthanized and sent to the Ohio Department of Health for examination. Any biting animal that dies or is destroyed before the tenth day following the bite will be shipped for examination.

"If a quarantined animal appears to be ill, or in any way appears not to be normal, a Sanitarian will issue an order for the owner to have the animal examined immediately by a veterinarian at the owner's expense," Young adds, "When the biting animal is released from quarantine, or when laboratory examination results are received, the person bitten is notified."

Dog bites most reported incidents

Of the 465 animal bites reported in 2016, 365 of them were dog bites, 54 cat bites, seven bat bites with 31 exposures to bats, three domestic and three wild rats or rabbit bites, one raccoon bite and one undetermined wild animal bite. All bite investigations were conducted by CHD.

For information regarding animal exposure or bites, please call CHD's Technical Environmental Services line at 513.352.2922.



UNCF campaign a resounding success!

"Thank you for believing 'A Mind is a Terrible Thing to Waste,'" says CHD Campaign Chair B. A. Dixon. "Your contribution to this year's UNCF campaign provides deserving students with an opportunity to pursue a college education and better their lives. Together, we've made an investment in the education of our youth and, in turn, an investment in our future."

The CHD campaign netted a grand total of \$6,110 -- 50 percent more than their goal of \$4,000. CHD was able to exceed the campaign goal through payroll deductions, raffle tickets, baked goods sales, breakfast fundraisers and monetary donations. The campaign was also an

astounding success because it provided 5 employees with an extra twenty four hours of vacation time. Special recognition goes to the CHD Senior Leadership Team for their donation of vacation hours for a raffle which served as an extra incentive for those who contributed. Raffle winners include Sandra Watson, Rachel Lapre', Paula Doll, Keara McGruder and Jonathan Burns.

Several employees went above and beyond in supporting the campaign. Felicia Felix, Brenda Waldron and the staff at the Northside Health Clinic conducted their own breakfast fundraiser in support of our overall campaign.

"I was a Biology major and graduated from West Virginia State University, a historically black college. While not a recipient of an UNCF scholarship, I have seen the difference UNCF makes in the lives of deserving scholars," stated Dixon.

...Story continues on page 6

Spring rains considered during Flood Safety Awareness Week, March 19-25

Floods, big or small, can have devastating effects on your home and your family. According to the National Weather Service, flooding causes millions of dollars in damage each year. You can take steps to reduce the harm caused by flooding. Learn how to prepare for a flood, stay safe during a flood, and protect your health when you return home after a flood. In recognition of Flood Safety Week, March 19-25, 2017, CHD wants to help you be prepared for when heavy or steady rains that saturate the ground cause rapidly rising water and threaten flash floods along waterways and low-lying areas. In the Spring, heavy rainfall causes the Ohio River and its tributaries to overflow causing damage to housing, roads and property. Slipping hillsides are also a concern in inclement weather.

Now is the time to create a disaster kit and an alternative evacuation plan should areas around your home become flooded. You should have the following supplies packed and ready to go in case you need to evacuate your home:



- Water -- at least a 3-day supply; one gallon per person per day
- Food -- at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- First Aid kit
- Extra batteries
- Medications and medical items and/or prescriptions
- Copies of personal documents
- Cell phone with chargers
- Emergency blankets
- Extra cash

It is important to know the difference between a flood watch and a flood warning. A Flood/Flash Flood **Watch** means flooding or flash flooding is possible in your area. A Flood/Flash Flood **Warning** means flooding or flash flooding is already occurring or will occur soon in your area.

National Poison Prevention Week is March 19-25

It only takes a second for someone, especially a young child, to fall victim to an unintentional poisoning. While poison is the #1 cause of injury-related death in the United States, many poisonings are preventable and help is only a phone call away.

The old adage, “an ounce of prevention is worth a pound of cure” is a reminder to put potentially harmful cleaning products and medicines out of the reach of children. Many cleaning products are packaged in ways resembling familiar things. Brightly colored laundry and dishwashing packets which are squishy and fit into a small mouth could be mistaken for a pacifier to a toddler. And, while most poisonings are from swallowing a substance, people are also exposed through the skin, eyes and lungs.



A few simple tips can keep families safe as they begin spring cleaning and moving outside to enjoy warmer weather. Keep products in their original packaging. The label often includes any product use warnings and remedies if misused. Never mix cleaning products -- doing so, can create harmful gases that can irritate the lungs and sinuses. Discard old medicines and other outdated products. Pesticide labels contain instructions for the safe handling of the product. Be sure to follow directions carefully to avoid potential harm to yourself or others.

The nationwide Poison Help hotline at 1-800-222-1212 provides free, confidential, expert medical advice 24 hours a day, seven days a week from toxicology specialists including nurses, pharmacists, physicians and poison information providers. Poison centers are your first resource for advice and help in the event of an actual or suspected poisoning. The toll-free number connects callers to their local poison center. Be sure to program the number into your phone and post the phone number throughout your house – in the medicine cabinet, in the kitchen and wherever you store household cleaning or yard supplies.



National Observance Month: National Nutrition Month “Put Your Best Fork Forward” during National Nutrition Month

To help find your healthy eating style during March’s National Nutrition Month®, the Academy of Nutrition and Dietetics encourages everyone to “Put Your Best Fork Forward” when dining out. Choosing healthful options at restaurants is easier than ever when you plan ahead — look at the menu on online and choose foods carefully.

According to CHD dieticians, how much you eat is as important as what you eat. For example, if you plan to have lunch with coworkers, eat a light dinner that evening. If you know you’re going to a restaurant in the evening, plan to have lighter meals earlier in the day. Another way to control portions and eat healthfully is to pack a lunch at home to bring with you.

Balance your meals by choosing healthier items such as lean protein foods, non-starchy vegetables and fruits. Most restaurants offer healthy side dishes such as salads and steamed or roasted vegetables. For larger portions, ask for a to-go box and eat half your meal at the restaurant and take the other half home for a second meal.

“A healthy lifestyle is more than choosing to eat more fruits and vegetables,” Dr. Marilyn Crumpton, Interim Health Commissioner says. “It’s also essential to make informed food choices based on your individual health and nutrient needs. A registered dietitian or nutritionist can separate facts from fads and translate nutritional science into information you can use.”

For more suggestions on eating healthier, go to www.choosemyplate.gov.



This year’s top monetary contributors to the UNCF campaign are: Brenda Waldron, Denise Patton, Dr. Duane Lewis, Nora Bertschy, B. A. Dixon, Celeste Wall, Dr. Camille Jones and Lori Sublett.

“I deeply appreciate every employee who participated in our stellar achievement. I also could not have asked for a harder working committee,” remarked Dixon. “Renee Davis, Michelle Daniels and Eric Washington’s dedication was instrumental toward achieving our goal.”

The UNCF is a consortium of 39 private historically black colleges and universities. It has grown to become the nation’s oldest and most successful minority higher education assistance organization. Since 1944, More than 300,000 students have graduated from UNCF schools.



UNCF continued from page 4



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